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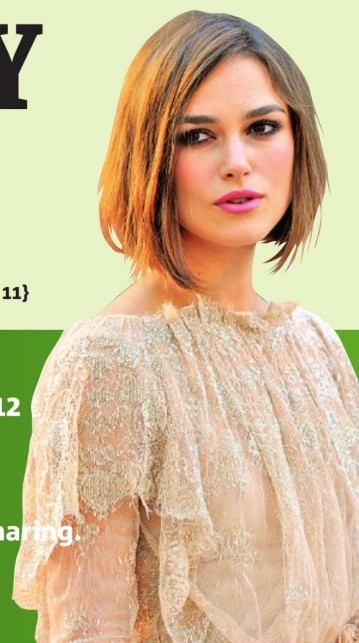
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**HEARTY ENOUGH  
FOR LUNCH  
SALAD WITH TUNA  
CHUNKS** {page 14}

**ANXIETY**  
HOW KEIRA  
OVERCAME HER  
STAGE FRIGHT {page 11}



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Monday, January 9, 2012  
www.metronews.ca

 News worth sharing.

# Deadly day on the roads



► **Four people die of injuries sustained in three collisions in Calgary on Sunday**

Alcohol, speed, driver inattention and even sun glare are being pointed to as factors after tragedy struck repeatedly on Calgary roads Sunday.

By the evening, four people had died as a result of injuries sustained in three separate collisions.

"The fact is, when you don't obey the rules of the road, there can be tragic consequences, and we have seen that over the course of this weekend," said police Insp. Craig Skelton.

Witnesses report the latest collision Sunday occurred shortly before 3 p.m., when a motorcyclist slammed into the side of a truck attempting to make a left-hand turn at the intersection of 36th Street and 19th Avenue Southeast.

"It was horrible ... you don't want to see this stuff happening," said Marvin Rae, who was walking home from his neighbourhood church when he saw the crash take place up the road.

"I won't forget it any time soon," he added. Investigators were still looking into the cause of that

## Fatal accidents

► **Intersection.** Two people died early Sunday after the driver of a Toyota allegedly ran a red light and smashed into a Mercedes at the intersection of Shaganappi Trail and Country Hills Boulevard Northwest around 3:15 a.m. The Mercedes driver and a passenger in the Toyota, both 20 years old, were killed.

► **Charges pending.** Police believe the 25-year-old driver of the Toyota, who was transported to hospital with minor injuries, was under the influence of alcohol. Charges are pending.

► **Driver's view.** A 79-year-old pedestrian succumbed to her injuries early Sunday after being struck by a vehicle at the intersection of Bow Trail and 37th Street Southwest early Saturday. Police initially indicated the sun may have hampered the driver's view but say charges are pending against her.

incident but speed appeared to be a factor.

● JEREMY NOLAIS

## Blaze

# Picking up the pieces

► **House fire claims life of pet** ► **Family left grieving after living in the home for 22 years** {page 3}

# Getting off the couch

Trainer offers tips to get your kids moving {page 13}



# Iran defies the West

Country has begun uranium enrichment at an underground site, local paper says {page 6}

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## Calgary makes top trip list

Break out your boots and 10-gallon hats. CNN rates Calgary as one of the top five places to visit in 2012.

Our Prairie metropolis joins iceberg "graveyards" in Antarctica, the USS Arizona Memorial in Pearl Harbor, Hawaii, and the summer olympics in London, England, on CNN's "top places to visit in 2012". According to CNN, Calgary is "Canada's cowboy epicenter."

The list encourages visitors to check out the centennial of the Calgary Stampede, dubbed the "Greatest Outdoor Show on Earth." **● METRO**

## Teacher rescues dogs from streets of Kabul

A junior high school teacher from Sherwood Park, Alta., has taken in seven rambunctious refugees from Afghanistan, and he couldn't be happier.

Spencer Sekyer was all smiles Friday as a flight arrived carrying a mother dog and six of her young offspring from Kabul.

Sekyer had been teaching children for a summer in Kabul when he spotted the litter of stray pups playing in a gutter outside his guesthouse.

Dogs are not well regarded in Afghanistan, he said, and he became determined to give these pups a better life. **THE CANADIAN PRESS**



► After a fire in the 2100 block of 9th Street Southeast Saturday evening, debris sits on the front porch Sunday.

# Fire aftermath leaves family speechless

► Cause of the fire has yet to be determined ► One pet perishes, two saved



**DANI FINCH**  
CALGARY@METRONEWS.CA

Grieving the loss of their beloved dog and home, a Calgary family struggled to pick up the pieces Sunday.

"I don't really know what I can say," said Vanessa Waddington, one of three people living in a Ramsay residence gutted by fire Saturday evening.

"It's been our home for

### The blaze

► According to resident Vanessa Waddington, the home was 100 years old.

22 years," she added through tears.

Waddington said she and her husband Ed were home when the fire started, but managed to get out of the house safely.

Fire crews were able to rescue a dog and cat from

► The fire burned for four hours before crews were able to extinguish it.

► The cause of the fire is still under investigation.

the scene, but a second dog was unaccounted for. Waddington was seen Sunday morning carrying the lifeless pet away from the home in a blanket.

According to the Calgary Fire Department, two-dozen members re-

sponded to the blaze in the 2100 block of 9th Street Southeast.

"We didn't know the exact number of animals inside," said spokesperson Brian McAsey. "Once we found the two, we started caring for them on scene."

A damage estimate is not yet known.

Waddington said the Red Cross has been kind enough to put her family up in a city hotel.

# 1

  
news


Britain's government is looking to empower firms' shareholders to veto executive pay packages. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

**Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at [metronews.ca/video](http://metronews.ca/video)**

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# More details emerge of Grenada beating death

► 'They killed my baby,' victim's mother says of island police ► Oscar Bartholomew to be laid to rest Monday

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in St. David's, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to his death.

"They beat my child to death," Andrianne Bartholomew, his grieving mother, said Saturday. "They killed my baby, my last baby. They killed him."

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife, Dorette Cyr Bartholomew, were visiting over the holidays. While driving on Box-



► Andrianne Bartholomew says her son was a "quiet, loving person."

ing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David's police station, where she went inside to use the facilities.

Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in

an exuberant embrace, witness statements say.

"Whenever he meet his people, he always hugged them and give them a cheer," his mother, 71, said.

Some said the officer yelled out she was being raped. Defence lawyer Anslem Clouten said the officer "cried out for help."

At that point, a colleague in a parked police car came to her aid. A second officer soon came running from the station, followed by three more officers.

Police and witnesses say Bartholomew tried to kick out at them. A senior officer ordered a junior to use his belt to tie Bartholomew's feet together, witness statements show. Within minutes, he was in a coma and lay dying. **THE CANADIAN PRESS**

## Canada Day to focus on War of 1812: Documents

The federal government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre producer, has been asked to find ways to insert a War of 1812 theme into the festivities that typically include pop music, dance and fireworks.

The Conservatives, who have been promoting Canada's military heritage, have earmarked money throughout the year to note the bicentennial of the War of 1812 in North America.

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill. But recently posted tender documents indicate that the war theme will appear in the noon and evening shows. **THE CANADIAN PRESS**



► Arizona congresswoman Gabrielle Giffords and her husband, astronaut Mark Kelly, walk on the Davidson Canyon Gabe Zimmerman Memorial Trailhead on Saturday. Zimmerman was killed a year ago Sunday during a shooting spree in Tucson that left six dead and 13 wounded, including Giffords.

CHERYL EVANS/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

## To remember and recover

Giffords, 41, has spent the past year undergoing physical and speech therapy. She is able to walk and talk and vote in Congress, but doctors have said it will take many months to determine the lasting effects of her brain injury. The three-term congresswoman has four months to decide whether to seek re-election.

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## January

# 9

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06

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MONDAY, JANUARY 9, 2012

# Iran vows to cut 'strait' to heart of oil flow

► Leadership has made strategic decision to close Strait of Hormuz should Iran's exports be blocked, official says

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hard-line newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

Uranium enrichment is at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

Iran has sharply increased its threats and military posturing against stronger pressures, including U.S. sanctions targeting Iran's Central Bank in attempts to complicate its ability to sell oil.

A senior commander of the Revolutionary Guard force was quoted as saying Tehran's leadership has decided to order the closure of the Strait of Hormuz, a strategic oil route, if the country's petroleum exports are blocked.

THE ASSOCIATED PRESS

### Nuclear sanctions

- The latest statements are certain to ramp up tensions with the U.S. and its allies, which are trying to increase pressure on Iran to punish it for its nuclear program.
- Sunday, U.S. Defence Secretary Leon Panetta reiterated U.S. concerns about a unilateral strike by Israel against Iran's nuclear facilities, saying the action could trigger Iranian retaliation against U.S. forces in the region.

### Eco. Disaster



► The stranded cargo ship Rena breaks in two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

## Pouring oil into troubled waters

The Greek-owned cargo ship Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour, New Zealand, on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

## Mitt takes hits in U.S. primary debate

Republican presidential hopefuls squared off again Sunday in yet another debate, the second New Hampshire showdown in less than 24 hours ahead of the state primary Tuesday — and

this time front-runner Mitt Romney was on the hot seat.

Unlike the debate a night earlier, essentially a bitter battle for second place, the candidates directed most of their fire at

Romney, who's expected to coast easily to victory in New Hampshire's first-in-the-nation primary but will face far more socially conservative voters in South Carolina in two weeks. THE CANADIAN PRESS



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every Thursday.







► An unidentified woman carries fuel from a petrol station in Lagos, Nigeria, on Sunday. Nigerian lawmakers have turned against the president's decision to end government fuel subsidies.

SUNDAY ALABMA/THE ASSOCIATED PRESS

## Nigerian fuel-subsidy cut alarms lawmakers

► Occupy Nigeria protests have begun ► Anger fuelled by ongoing violence by radical Muslim sect, corruption

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions preparing for a nationwide strike set to begin Monday, despite a court order against it.

"This cabal and their as-





**\$8B** Fuel subsidies cost Nigeria about \$8 billion US a year.

sociates represent perhaps the biggest economic and financial crime in the history of Nigeria," said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1. That spurred a spike in food and transportation costs in a nation of more than 160 million people where most live on less than \$2 a day.

Some lawmakers said the subsidy removal could

### Market moment

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Oil	Natural gas
	
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lead to a revolution like those that swept across some Middle East countries last year. **THE ASSOCIATED PRESS**

## Original U.S.-made coin fetches record \$1.38M

A once-cent copper coin from the earliest days of the U.S. Mint in 1793 has sold for a record \$1.38 million US at a Florida auction.

James Halperin of Texas-based Heritage Auctions told The Associated Press Saturday that the sale was "the most a United States copper coin has ever sold for at auction." The coin was made at the Mint in Philadelphia in 1793, the first year that the U.S. made its own coins.

Heritage officials said in a news release that the name of the buyer was not



► The 1793 Chain Cent

revealed but that he was "a major collector." One of the coin's earliest owners was a well-known Baltimore banker, Louis Eliasberg.

"Mr. Eliasberg was nicknamed 'the king of coins' because, before his death in 1976, he assembled a collection that consisted of at least one example of every coin ever made at the Unit-

ed States Mint, a feat never duplicated," Halperin said.

The final bid for the coin was one of the largest sales at the Florida United Numismatists coin show and annual convention. A five-dollar gold piece from 1829 was also sold. Halperin said there remain a few hundred 1793 coins in different condition, but that the one auctioned off last Wednesday is rare because it wasn't in circulation. Officials say it shows no wear on its lettering, its Lady Liberty face or the chain of rings on its back. **THE ASSOCIATED PRESS**

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# HOCKEY, THE WAY IT WAS MEANT TO BE

## HIGH PLAINS DRIFTER

JAMES CALLSEN  
METRO CALGARY



Saturday night ranks as one of my best ever nights in the Saddledome, ever.

Seeing Jarome Iginla pot his 500th goal, making grown men cry and the building explode will rank up there as one of the most exciting moments of my life. It felt like the good old days. The place was loud. Really loud. Loud like I haven't heard since some guy named Phaneuf wore the flaming C (playing like he cared) and our boys were playoff contenders.

It felt good being in a loud barn again, cheering on the home team, who really gave us something to get excited about. And the engine behind it all didn't come from the lower bowl, the box seats or even the low 200s. It all started way up on high, like a landslide from the newly christened press-level seating.

**"Time has come and gone, and my Saddledome seating, while not in any lower bowls or club seating, is not at the high altitudes of the press level. And, though I may not miss the climb, I miss the people and the atmosphere."**

My first hockey experiences in Calgary were on a very limited budget. At that time, all this young immigrant from Saskatchewan could afford was what was referred to as the nosebleeds. High 300s. One almost needed a Sherpa to climb that high, particularly with a date in high heels while grasping two full cups of dome foam. They were always fun times, but I vowed to myself that I would one day work my way into, at the very least, the upper 200s.

Time has come and gone, and my Saddledome

seating, while not in any lower bowls or club seating, is not at the high altitudes of the press level. And, though I may not miss the climb, I miss the people and the atmosphere.

Two weeks ago against Detroit, I once again took a lofty seat at the peak of the Saddledome. It was what a hockey atmosphere should be like. Loud, raucous, lots of trash talk with the opposition as one sits amidst some real hockey fans. No one is going to tell you to keep it down, and one feels that bond to complete strangers that only comes with a loud, cheering section complete with random high fives on the waves of tilting beer glasses.

Even before Iginla sent his 500th home on Saturday night, the oh-so-loud press-level seating was starting the "Iggy, Iggy" chant. It started to spread throughout the Saddledome right into the poshest of lower-bowl sections.

That's the spirit we need to see again. It makes watching the Flames fun.

Residents of the 300s, I salute you and your spirit, and next Saturday night, when Darryl Sutter and the L.A. Kings come to town, I think I'll be joining you.

James Calsen is the news voice on one of Calgary's top rock stations, x92.9. Follow him on Twitter @newsboycalsen

# Acting like a rock — literally

## NEWS WORTH SHARING

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

Now these folks know how to rock. Or they'd better — since they're about to become rocks.

Local business people

will be hurrying hard to contribute to a good cause on Jan. 24 for the start of a human curling tournament. Four-person teams of employees of various Calgary businesses will act as curling rocks, hurling themselves across the rink, trying to make it into the house. Part of the registration fees will be donated to the charity KidSport Calgary.

It's all part of the ongoing Calgary Corporate Challenge, a series of Olympic-style events that

get members of the city's business community competing against each other, building team spirit and fundraising over \$700,000 per year for local charities including the Calgary Food Bank, the Heart and Stroke Foundation and Canadian Blood Services.

And the non-financial contributions are pretty impressive, too.

"The (Corporate Challenge's) Blood Donor Challenge event brings in 11 per cent of all blood donations needed in

Southern Alberta each year," explained games administrator Kate Nestibbo. If you'd like to try your hand at human curling, you can register your team of co-workers in the tournament until Thursday, Jan. 12. So get out there and hit the ice.

● CRAIG AND MARC KIELBURGER

*Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.*

## Daily Zoom

# Bambi meets his master



## Eagle almost gets deer

**SLOVAKIA.** Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape.

Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

● METRO WORLD NEWS

## Eagle went for the bigger one

**HUNT.** The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

● METRO WORLD NEWS

## How the fawn made its escape

**CHASE.** While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

● METRO WORLD NEWS

**5** A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.



# Keira's breakthrough

► Knightley talks about prepping for the role of a repressed psychiatric patient in *A Dangerous Method* ► How she battled her own psychological issue — a bad case of stage fright



**RICHARD  
CROUSE**  
SCENE@METRONWS.CA

Since her 2002 breakout performance in *Bend It Like Beckham*, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film *A Dangerous Method*, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I



► Keira Knightley says that preparation is the key to getting over her stage fright.

find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of *Atone-*ment, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was

going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'

She eased her nerves with the research and further support was supplied during shooting by the

## Viggo Mortensen on research

"With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

film's director, David Cronenberg.

"Sets... are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

"He's a magician. He's absolutely extraordinary."

**"What David (Cronenberg) does is entirely creative. ... He's a magician. He's absolutely extraordinary."**

KEIRA KNIGHTLEY

# 2 scene

## Box office



The *Devil Inside* has scared up a monstrous \$34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The *Devil Inside* bumped another Paramount hit, *Mission: Impossible — Ghost Protocol*, from the No. 1 spot to No. 2.

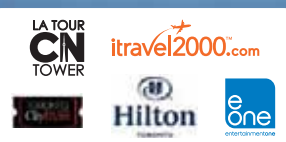
THE ASSOCIATED PRESS



Gerry Dee turns former teaching antics into CBC-TV sitcom

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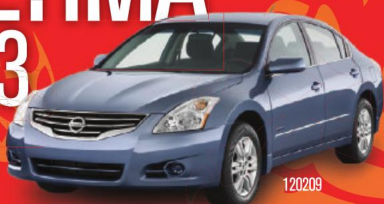


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MONDAY, JANUARY 9, 2012

# Say hello to the younger Young Hov'

► Jay-Z, Beyoncé name daughter Blue Ivy Carter

ALL PHOTOS GETTY IMAGES

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid \$1.3 million to rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees'



► Jay-Z and Beyoncé

mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by al-

bums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

## Timberlake's granny spills the beans

**ENGAGEMENT.** While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."

● METRO

## Sienna settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word

comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."



Sienna Miller

● METRO



# Get your kids moving in 2012



► **Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving** ► **'Think of exercise for kids as simply moving their bodies', she says**



**HEATHER BUCHAN**  
LIFE@METRONews.ca

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting...while the other requires a couch. And maybe a sugary soda, as an accessory.

It's an old story: kids don't get enough physical activity. What's scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state

that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and life-long (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? "Exercise for kids doesn't mean hitting the treadmill," explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a

ball shouldn't be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

"Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it's throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline."

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. "This way, they can choose which ones they enjoy," she says. One easy way to get kids moving around is through dance.

"It's much more effective

## They follow you

► According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

tive to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment," she says, adding, "If they don't like dancing, they can skip to their favourite songs."

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

## Tips

**THIS YEAR, GET YOUR KIDS OFF THE COUCH**

**STEPHANIE JOANNE**  
EXTREME FITNESS  
PERSONAL TRAINER



**1 Lead by example.** Be a positive role model. Don't expect your kids to do

something you're not doing. Find activities you can enjoy together and commit to fitness for your family.

## 2 Create active habits.

Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

## 3 Get a dog.

A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

# 3

  
life

## Twins take over



More U.S. women are having twins these days. Health officials say one in every 30 babies is a twin. In 1980, only one in 53 newborns was a twin. Experts attribute the jump mainly to medical treatments and procedures that help infertile couples. But they note that there are more older moms today. For some reason, women in their late 30s have twins at a higher rate.

THE ASSOCIATED PRESS



Earlier diagnosis of dementia would have been beneficial, caregiver survey finds.



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# Spice up those healthy greens

With its tuna chunks, this salad is hearty enough for a filling lunch

## DINNER EXPRESS

EMILY RICHARDS

FOOD@METRONEWS.CA



With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

### Preparation:

**1** In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until

### Spicy Oil-Dressed Tuna & Greens



► This recipe serves four.

fragrant. Let cool slightly. Whisk in vinegar, salt.

**2** In large bowl, combine greens, tomatoes, onion,

pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT [EMILYRICHARDSCOOKS.CA](http://EMILYRICHARDSCOOKS.CA).

### Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced

- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly

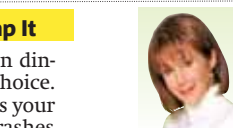
- sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

### Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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# Major road block

► Research indicates that a school's proximity to a major street can affect a student's health and academic success



► Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth, asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram. He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

## Down the road

### Future of the findings

► Graduate student Ofer Amram said he hopes his and Ryan Allen's research can help officials determine where to build new schools, and serve as a guide for improvements like constructing sound barriers or installing filters in ventilation systems at existing schools.

Amram said similar studies of traffic-related noise have found links to increased blood pressure, reduced sleep quality and cognitive deficits.

Research also reveals that when children are exposed to higher air pollution and noise at school it can lead to poorer average academic performance, he noted.

Based on measurements of nitrogen oxide concentrations, ultrafine particle counts, and noise levels in three Canadian cities, researchers defined schools located less than

75 metres from major roads as their zone of primary interest.

Across the country's 10 biggest cities, 16.3 per cent of public elementary schools were located within 75 metres of a major road, with a wide variability between cities.

Researchers found schools located in neighbourhoods with a higher median income were less likely to be near major roads. Meanwhile, those housed in more densely populated neighbourhoods were more frequently close to major roads.

Amram said the study looked at overall patterns across Canadian cities and said the relationship of closer road proximity for schools in poorer neighbourhoods was pretty consistent across the cities they investigated.

But he noted that the results don't necessarily describe the situation at every individual school, but rather the general relationship between proximity and neighbourhood income. **THE CANADIAN PRESS**

# New year, new life

► With a job on the horizon, cancer on the back burner and a positive outlook, Lisa is ready to take on the world

## TURNING POINT

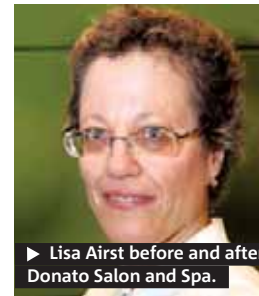
TERESA KRUIZE  
LIFE@METRONEWS.CA



It's a new year and new beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at



► Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.



NEXCareer didn't give up on me. I learned to be even more determined and persistent."

Lisa's new wardrobe from Danier, the notebook from TechDirect, the BlackBerry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBrander all helped put her on the path to success. She recently went to Do-

nato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

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## Quoted



**"We made history. We're excited about another chance to make history up there in Baltimore."**

HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.



► Denver QB Tim Tebow prepares to throw the game-winning touchdown to Demaryius Thomas on Sunday.

## A magic pass in the Mile High City

► Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh



BRONCOS



STEELERS

One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and

the Denver Broncos. Sorry, Pittsburgh Steelers.

The magic is back. Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday.

Wild doesn't begin to describe it. The play took 11 seconds and was the quick-

est ending to an overtime in NFL history.

Thomas hauled in a high play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and

took a victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the Lord again and tried to celebrate with my teammates and the fans."

THE ASSOCIATED PRESS

## Raonic wins in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill, Ont., beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February.

THE ASSOCIATED PRESS

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# A turning point for Detroit

► Lions have taken step forward despite loss to Saints, ending playoff drought ► 'We need to win our division'

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

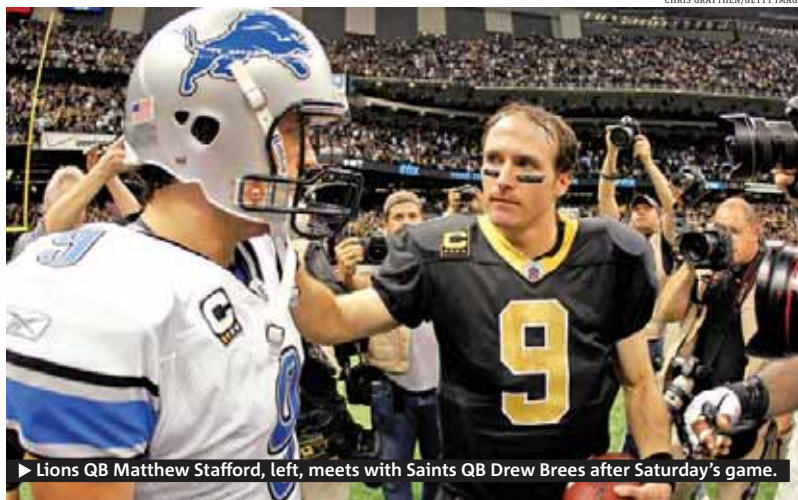
"A loss like this makes us want to return to the playoffs even more," defensive end Kyle Vanden Bosch said. "It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year."

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams

from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay's backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.



► Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday's game.

"We learned that we need to win our division so the next time we can have a home game and benefit

from our home crowd like the Saints did," quarterback Matthew Stafford said.

"That's a huge difference."

Stafford's goal has a huge obstacle: Green Bay is-

n't leaving the NFC North. Detroit coach Jim Schwartz wasn't in the mood to reflect on the season after it ended in New Orleans, but he's expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

"We're going to be around for a while," said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

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# Atlanta burned by Manning

► New York QB throws for 3 TDs as Giants rout Falcons

All the missing pieces — defence and a running game — are aligning at the right time for Eli Manning and the New York Giants. And just in time to play the Packers.

After routing the Atlanta Falcons 24-2 Sunday in the NFC wild-card game, the Giants head to Green Bay next weekend, a place where they will need all the help they can muster.

Manning carried the Giants (10-7) for much of the season, hoping the defence would get stingy, the pass rush would materialize and the running game would get on track. Now, all of that is happening.

"A great mix of run and pass and these guys have a great understanding of what our offence is," Manning said of the help he's receiving. "If we can get that run game going like we did in the second half, that opens up a lot of windows."

And if the defence remains impenetrable, watch out.

"If we can play defence like that, we will continue to make ourselves heard in this tournament," coach Tom Coughlin said.

Manning punctuated his best pro season by throwing for three

**24** **2**  
GIANTS FALCONS

touchdowns and scrambling for a 14-yard gain that woke up New York's offence in its first post-season victory since its Super Bowl upset of undefeated New England four years ago. Next up is as big a challenge: The defending champion Packers (15-1), who won here 38-35 in December.

"We know they are a good team," Manning said. "We played them tough here, did some good things here, we scored some points. We know offensively we are going to have to play strong, score

some points."

The team that couldn't run the ball will be sprinting there, bringing along a defence the Packers actually might fear. Not to mention the passing offence led by Manning, who hooked up on a 72-yard catch and run by Hakeem Nicks in the third quarter that put away the inept Falcons (10-7). Manning also connected on a 4-yard TD with Nicks in the second period, and a 27-yard TD throw to Mario Manningham in the fourth quarter that finished it off.

The Giants' last post-season trip to frigid Lambeau Field was a 23-20 overtime victory for the NFC championship two weeks before they upset the Patriots.

"Cold, I remember that. I remember coach Coughlin's face. I remember (tackle) David Diehl sweating and it froze on his hair and

he had icicles on his hair," defensive end Justin Tuck said. "And I remember us winning."

"Hopefully, we can go back there and do it again."

The tempo in the first playoff game at MetLife Stadium was set by New York's defence, which never allowed Atlanta to get going, and by the league's lowest-ranked rushing game, which ran a season-high 172 yards, 92 by Brandon Jacobs and 63 by Ahmad Bradshaw.

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► Eli Manning throws a pass toward Giants teammate Hakeem Nicks as he is covered by Falcons defender Chris Owens.



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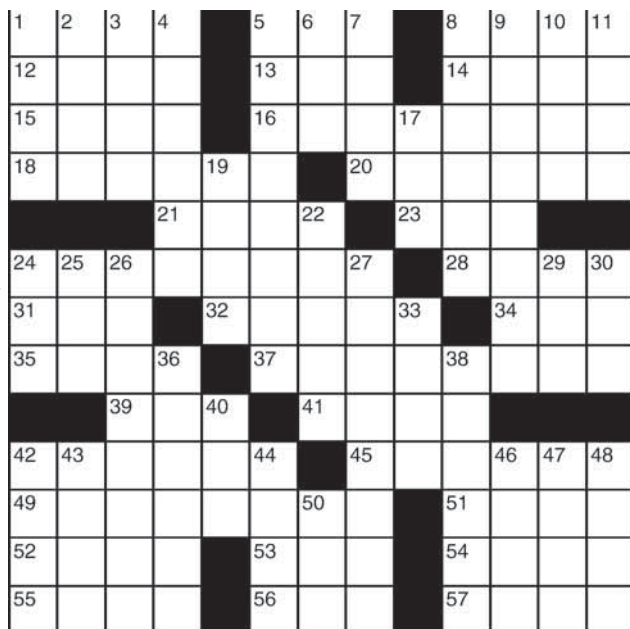
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## Crossword

### Across

- 1 Study hard  
5 Unruly group  
8 Oscar-winner Kedrova  
12 Get up  
13 Yoko of music  
14 Soon, in verse  
15 "Zounds!"  
16 Obama, e.g.  
18 Elk  
20 Alternative to box-ers  
21 Sidewalk eatery  
23 Wager  
24 Turn to rubble  
28 Discourteous  
31 Anger  
32 Admit  
34 Capek play  
35 Obi, for example  
37 Outward behaviour  
39 Work on the soundtrack  
41 Roof overhang  
42 Slowly, in music  
45 Duration  
49 Insanity  
51 Continental coin  
52 Pub orders  
53 Wall-climbing plant  
54 War god  
55 Fine spray  
56 Caribbean or Coral  
57 Fat



- 6 Individual  
7 Flop on stage  
8 More frilly  
9 As part of an exchange  
10 Bread unit  
11 Picnic invaders  
17 Sphere  
19 Lofty  
22 Cosmetician  
Lauder  
24 Insult (SL)  
25 Historic time  
26 Partners of messieurs  
27 Everest, e.g.

- 29 Twosome  
30 Blunder  
33 Actress Campbell  
36 Least minuscule  
38 Virgil hero  
40 Crib  
42 Leading man?  
43 Sandwich shop  
44 Elevator name  
46 Mentor  
47 Genealogy chart  
48 Emcee  
50 "— been had!"

### ► Friday's answer



### Down

- 1 Ship's staff  
2 Latvia's capital  
3 Pronto, on a memo  
4 Physician  
5 Adapted

## Today's horoscope

**♈ Aries March 21-April 20** You won't hesitate to speak your mind today, but be careful what you say to loved ones.  
**♉ Taurus April 21-May 21** Don't focus on trivial issues when there are so many big things that need to be dealt with.  
**♊ Gemini May 22-June 21** A risk that pays off in the short-term could cause you serious financial problems in the long-term.  
**♋ Cancer June 22-July 22** Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the

first place.

**♌ Leo July 23-Aug. 23** Try not to let your imagination get the better of you over the next 24 hours.

**♍ Virgo Aug. 24- Sept. 22** A positive outlook will most likely yield constructive results.

**♎ Libra Sept. 23-Oct. 23**

Today's full moon suggests there will be a clash of egos.

**♏ Scorpio Oct. 24-Nov. 22** You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

**♐ Sagittarius Nov. 23-Dec. 21** You will find yourself up against an opponent who is every bit as determined as you are today.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♑ Capricorn Dec. 22-Jan. 20**

Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

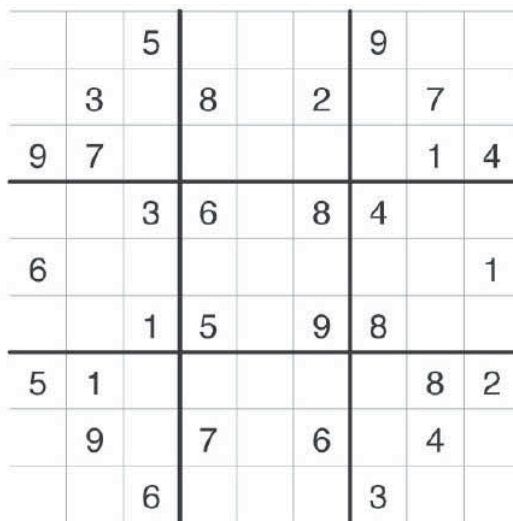
**♒ Aquarius Jan. 21-Feb. 18**

Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

**♓ Pisces Feb. 19-March 20.**

You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **• SALLY BROMPTON**

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	6	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4

## A look at the weather

TODAY	TOMORROW	WEDNESDAY
Min 3° Max 11°	Min -4° Max -4°	Min -6° Max -3°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30 A.M.



## Caption contest



"What with the markets, I'm just trying to keep my head above water." IAN



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